

THE TRUTH ABOUTH THE SABBATH AND THE NEW TESTAMENT CHRISTIAN

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Many good, fundamental believers do not understand the subject of what is called the Sabbath and there are many false teachings about this Bible doctrine. Some will teach that the Sabbath is the seventh day and that believers should keep the Sabbath day as a day of rest and worship. One group even goes as far to say that those who observe Sunday as a day for worship is a mark of the beast. Then there are those who will teach that Sunday is the Christians Sabbath. What is amazing is that the groups who are committed to keeping the Sabbath think that it is a day for Bible studies, preaching, singing, worship and soul wining and ect. Ect. Ect. In our lesson study we will discover the truth about the Sabbath day.

I. THE SABBATH IS THE SEVENTH DAY (Ex 20:10)

(Exo 20:10 KJV) But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

The Sabbath was always at the end of the week. The Word of God tells us that God told His nation Israel that they were to do all their work six days a week but at the end of that week, they were to have a day of absolute rest. I will show you from the Word of God that if they even picked up a stick on that day, that they were to be put to death.

II. THE SABBATH IS NOT A DAY OF WORSHIP (Ex 20:10)

The Sabbath was not a day where everyone gathered around to worship. The Bible teaches us that is was a DAY OF REST. Man could NOT work; neither could his family, his cattle, nor a guest in his home. No meals were cooked. No laundry was done. It was reserved for a DAY OF REST.

III. GOD'S PEOPLE COULD NOT EVEN PICK UP STICKS. (Num. 15:32-36)

(Num 15:32 KJV) And while the children of Israel were in the wilderness, they found a man that gathered sticks upon the sabbath day.

(Num 15:33 KJV) And they that found him gathering sticks brought him unto Moses and Aaron, and unto all the congregation.

(Num 15:34 KJV) And they put him in ward, because it was not declared what should be done to him.

(Num 15:35 KJV) And the LORD said unto Moses, The man shall be surely put to death: all the congregation shall stone him with stones without the camp.

(Num 15:36 KJV) And all the congregation brought him without the camp, and stoned him with stones, and he died; as the LORD commanded Moses.

This scripture teaches us that absolutely NO WORK could be done on the Sabbath. You could not even pick up a stick to make a fire with in order to cook, and You were not allowed to cook So, for all those who are wanting to keep the Sabbath and are making a big issue about it, then get ready for point number V, but first...

IV. GOD'S PEOPLE COULD NOT EVEN HAVE A FIRE IN THEIR HOUSE ON THE SABBATH. (Ex 35:3)

(Exo 35:3 KJV) Ye shall kindle no fire throughout your habitations upon the sabbath day.

I see many who are preaching “keep the Sabbath”, yet I see those same people working on the Sabbath, doing religious things on the Sabbath and I see them at restaurants, ball games etc.....

**V. THE BREAKING OF THE SABBATH WAS PUNISHABLE BY DEATH
(Num. 15:32-36)**

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So, far all those who are screaming, yelling and teaching “OH YOU HAVE GOT TO KEEP THE SABBATH in order to be saved”, well then, I do not see them following scripture to the “T” since no one is DYING who failed to keep the Sabbath. Oh! Do you remember the points listed above? That if you did any of those things you BROKE the Sabbath and you were to be killed by the congregation, stoned that is! Stone dead! How you say, they were to be STONED TO DEATH.

VI. READY FOR THIS ONE? GOD’S PEOPLE COULD NOT TRAVEL OVER THREE QUARTERS OF A MILE ON THE SABBATH.

There are 5,280 feet in a mile. So, 3,960 feet is all you could travel for the WHOLE DAY otherwise your BROKE the Sabbath. Do you remember point “V”? So if your church is over 1,980 feet (or 6 blocks) from your home and then 1,980 feet (or 6 blocks) back to your house, then you will have covered a total of 3,960 feet or 12 blocks. We know there are 16 blocks to a mile so $\frac{3}{4}$ of that is 12 blocks total. 6 blocks one-way and 6 blocks back home and your DONE for the day otherwise your BROKE the Sabbath. In ACTS 1:12 it is called the Sabbath’s day journey. **(Acts 1:12 KJV) Then returned they unto Jerusalem from the mount called Olivet, which is from Jerusalem a Sabbath day’s journey.** The Jews were NOT allowed to travel more than approximately three-quarters of a mile on the Sabbath.

NOTICE: These restrictions listed above are JUST A FEW of the strict requirements of the Sabbath day. The scriptures and these FEW points that I have listed show us the exact purpose of the day and God gave HIS people this day as a DAY OF PHYSICAL REST.

VII. THE SABBATH, THEN, IS NOT OUR SUNDAY.

Sunday is the first day of the week, everyone will agree to that. Our Sunday is the Lord’s Day and it is not the Sabbath. The “Lord’s Day” or the first day of the week, was the day

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that the New Testament church met to celebrate the resurrection of the Lord Jesus who we all know as "THE CHRIST". **(John 20:19 KJV) Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled for fear of the Jews, came Jesus and stood in the midst, and saith unto them, Peace be unto you.**

As the church began to grow in numbers and to spread across the country, the practice was continued from generation to generation of believers.

Let's compare Acts 20:7 and To Revelation 1:10 which both refer to Sunday as the Lord's Day. **(Acts 20:7 KJV) And upon the first day of the week, when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow; and continued his speech until midnight. (Rev 1:10 KJV) I was in the Spirit on the Lord's Day, and heard behind me a great voice, as of a trumpet,**

If fact, because the chose was meeting on the first day of the week to celebrate the resurrection of Jesus the Christ, they also brought their TITHES AND OFFERINGS to the house of God. **(1 Cor 16:2 KJV) Upon the first day of the week let every one of you lay by him in store, as God hath prospered him, that there be no gatherings when I come.**

So, if Sunday was the CHRISTIAN SABBATH then we could not even pick up sticks, nor light a fire, nor COOK A MEAL, nor travel more than $\frac{3}{4}$'s of a mile the whole day otherwise we would be STONED TO DEATH.

(Num 15:32 KJV) And while the children of Israel were in the wilderness, they found a man that gathered sticks upon the Sabbath day. (Num 15:33 KJV) And they that found him gathering sticks brought him unto Moses and Aaron, and unto all the congregation. (Num 15:34 KJV) And they put him in ward, because it was not declared what should be done to him. (Num 15:35 KJV) And the LORD said unto Moses, The man shall be surely put to death: all the congregation shall stone him with stones without the camp. (Num 15:36 KJV) And all the congregation brought him without the camp, and stoned him with stones, and he died; as the LORD commanded Moses.

WOW, you think God was serious about them keeping the Sabbath a certain way and for a certain reason?

It all makes sense now, that God would give us a day, "SUNDAY" to tithing, teaching, preaching, fellowshiping, soul winning, praising, worshiping and so forth. We have learned that the Sabbath was STRICKLY A DAY OF REST.

Even the dictionary defines "REST"

To rest means to relax or take time off; see leisure or nap.

VIII. THE KEEPING OF THE SABBATH IS NOT FOR NEW TESTAMENT CHRISTIANS.

Before you fly off at the handle and have a tizzy, let's see what the Bible says about the New Testament Christian and the Sabbath. Pay attention to the words "blotting out"...

(Col 2:14 KJV) Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross;

(Col 2:15 KJV) And having spoiled principalities and powers, he made a show of them openly, triumphing over them in it.

(Col 2:16 KJV) Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the **Sabbath days:**

(Col 2:17 KJV) Which are a shadow of things to come; but the body is of Christ.

WOW, DID YOU READ THAT AGAIN? WOW, WOW, WOW!

When you read those verses you notice the JESUS CHRIST and through JESUS CHRIST that the keeping of the Sabbath has been blotted out, or taken away. It has all been NAILED to the Cross once and for all, for ever, on and on, never to be picked back up again, completed etc.....

I am not just saved; I am SET FREE in Christ! Again, WOW, WOW, WOW!

We now understand as New Testament believers that Jesus nailed our sin debt, the Old Testament ceremonial law and the keeping of the Sabbath, all to the cross. That is why you and I do not have to bring sacrificial lambs to be killed and offered by a priest to God any more. Jesus Christ was the only and final sacrificial lamb. The only lamb that God the Father would accept.

John tells us, **(John 1:29 KJV) The next day John seeth Jesus coming unto him, and saith, Behold the Lamb of God, which taketh away the sin of the world.**

That is why the Apostle Paul wrote to the New Testament Christians and scolded them in his writings that they had gone back into old Judaism and were observing ceremonies that were only given to point to the truths in Christ. They were just pictures or reminders of what was to come, which was Jesus the CHRIST.

The Jews were always observing the "days, weeks, months, years and times of years" but their emphasis was on the events on not on the one who created those events. The days mentioned in Galatians 4 was a reference to the Sabbath days, which was part of the Old Testament ceremonial laws which Jesus Christ blotted out, or made them of no use anymore. Jesus completed everything and in Christ we are made complete. We no longer have to keep those ceremonial laws to be made right with God, because through Jesus the Christ we are made righteous or made right with God. Christ is the only thing that God

will accept. Remember the words of Jesus when he said. **“(John 14:6 KJV) Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.”**

Did you get that part..... **NO MAN COMETH UNTO THE FATHER BUT BY ME!**”
Like the Christian today, we should not put our emphasis on a church or a program, but rather on the relationship that we have with the God of that church.

(Gal 4:10 KJV) Ye observe days, and months, and times, and years.

(Gal 4:11 KJV) I am afraid of you, lest I have bestowed upon you labour in vain.

Did you get that last part? **“...lest I have bestowed upon you labour in vain.”**

Paul wrote to them, and preached to them about the Sabbath because he did not want them to be in BONDAGE to the Old Testament Ceremonial Laws, especially to the Sabbath days or any of the days, months, years, times and or seasons that were used by the Old Testament Ceremonial laws.

By the way, there is nowhere in the BIBLE where the Sabbath was ever changed to Sunday. Many who profess to be a bible scholar will try to get believers to keep the Sabbath day holy and use scripture to prove their points of going to church on Sunday and doing things for Jesus on Sunday. It would be proper and correct if we were to say, “Remember to keep Sunday, the day we honor the resurrection of the Lord Jesus Christ and keep it holy”.

Nowhere are we as New Testament Christians instructed nor commanded in scripture to keep the Sabbath nor are we to keep any of the Old Testament Ceremonial laws like the Sabbath. We are now made complete in Jesus Christ. Nowhere in the New Testament does it mention that breaking the Sabbath is not a sin nor did Jesus teach His disciples to keep the Sabbath. The Apostles did not teach it to the churches. The Sabbath is law not grace.

IX. JESUS IS LORD OF THE SABBATH AND OF EVERY DAY OF THE WEEK.

We read in **Matthew 12:1-8** where even Jesus was accused of breaking the Sabbath. Little did they understand that Jesus is the Lord of everyday and He knew and taught that having a real relationship with the Father was what mattered and not just exercising some religious ceremonial law.

(Mat 12:1 KJV) At that time Jesus went on the Sabbath day through the corn; and his disciples were an hungred, and began to pluck the ears of corn, and to eat.

(Mat 12:2 KJV) But when the Pharisees saw it, they said unto him, Behold, thy disciples do that which is not lawful to do upon the Sabbath day.

(Mat 12:3 KJV) But he said unto them, Have ye not read what David did, when he was an hungred, and they that were with him;

(Mat 12:4 KJV) How he entered into the house of God, and did eat the showbread, which was not lawful for him to eat, neither for them which were with him, but only for the priests?

(Mat 12:5 KJV) Or have ye not read in the law, how that on the Sabbath days the priests in the temple profane the Sabbath, and are blameless?

(Mat 12:6 KJV) But I say unto you, That in this place is one greater than the temple.

(Mat 12:7 KJV) But if ye had known what this meaneth, I will have mercy, and not sacrifice, ye would not have condemned the guiltless.

(Mat 12:8 KJV) For the Son of man is Lord even of the Sabbath day.

Now the disciples were not stealing because it was a legal thing that they did based on **(Deu 23:25 KJV) When thou comest into the standing corn of thy neighbour, then thou mayest pluck the ears with thine hand; but thou shalt not move a sickle unto thy neighbour's standing corn.** But the enemies of Jesus Christ tried to use this against Jesus and against His disciples saying that they were breaking the Sabbath. His accusers were always pointing toward the ceremonial laws and this is recorded in their attack many times with food as the objective in their breaking of the law but remember Jesus did come and abolish the keeping of the ceremonial laws which now we are kept in Jesus Christ by Jesus Christ. Jesus taught them that the Temple was greater than any ceremonial law, which included the Sabbath, and that Jesus was greater than the Temple. Jesus taught them that He was greater than the Sabbath and greater than the Temple and emphasized this when He explained to them that He was the "I AM" and that He was now with them. The law and the ceremonial ordinances all pointed or pictured Jesus the Christ, but now they have THE CHRIST with them. No longer do they need a picture because they now have what the law pictured in the flesh with them. The ceremonial worship was NO LONGER necessary. He reminded them of this truth in **(Mat 12:6 KJV) But I say unto you, That in this place is one greater than the temple.** Then He nailed it when He said, **(Mat 12:8 KJV) For the Son of man is Lord even of the Sabbath day.**

I'd rather have Jesus than some religious ceremonial law that has no power to save, no power to place us in the family of God, no power to forgive sin. How about YOU?

In fact, the Bible teaches us that we are to put people above the letter.

(Mat 23:23 KJV) Woe unto you, scribes and Pharisees, hypocrites! for ye pay tithe of mint and anise and cummin, and have omitted the weightier matters of the law, judgment, mercy, and faith: these ought ye to have done, and not to leave the other undone.

In closing, Jesus reminds us in Matthew chapter five that we are to go beyond the Old Testament in our Christian living and that our righteousness should exceed that of the scribes and Pharisees. We are to go beyond what is required by law because we have Jesus Christ living with in us.

Examples:

(Mat 5:40 KJV) And if any man will sue thee at the law, and take away thy coat, let him have thy cloak also.

(Mat 5:41 KJV) And whosoever shall compel thee to go a mile, go with him twain.

(Mat 5:42 KJV) Give to him that asketh thee, and from him that would borrow of thee turn not thou away.

We are taught to go beyond the law in loving others:

(Mat 5:43 KJV) Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy.

(Mat 5:44 KJV) But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;

We are taught to go beyond the law in living a pure life:

(Mat 5:31 KJV) It hath been said, Whosoever shall put away his wife, let him give her a writing of divorcement:

(Mat 5:32 KJV) But I say unto you, That whosoever shall put away his wife, saving for the cause of fornication, causeth her to commit adultery: and whosoever shall marry her that is divorced committeth adultery.

The Old Testament Ceremonial law was just on outward observance of the flesh but Jesus wants us to have an inward action of the Spirit that is motivated by our heart for Him which will be seen as an outward action because our hearts drive us with love to do so. The Lord would rather have our hearts than some cold ritualistic ceremonial law act.

God did command the Jews in the Old Testament to REST on the seventh day and this was to be strictly observed but now that Jesus Christ has come, He now is our REST and the Bible tells us that He fulfilled, or completed the Law. There is nothing left for us to complete, everything rests in Jesus Christ. No longer are we commanded to observe the ceremonial laws for He is the Lord of the Sabbath. He has given us the Lord's Day for a day of worshiping, praising, singing, serving, giving, preaching, teaching, celebrating, encouraging, healing and fellowshiping. So every Sunday is EASTER Sunday to the believe who celebrates the resurrection of Jesus Christ every week!

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Just for the record:

Paul taught that Jews were to reach Jews.

No where does Paul teach that Jews are to convert Gentiles into being Jews.

Jesus taught that there is no difference between the Greek or the Jew that we are all in need of a Savior to save us and complete us in Christ.

(Rom 10:12 KJV) For there is no difference between the Jew and the Greek: for the same Lord over all is rich unto all that call upon him.